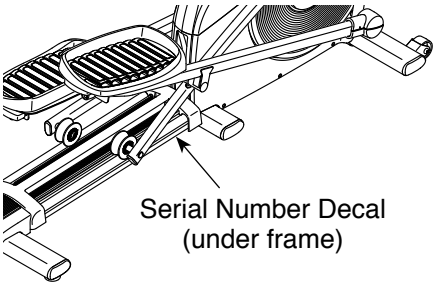
NordicTrack E 9.5

Model No. NTEVEL99914.0
Serial No. _____

Write the serial number in the space above for reference.



CUSTOMER CARE

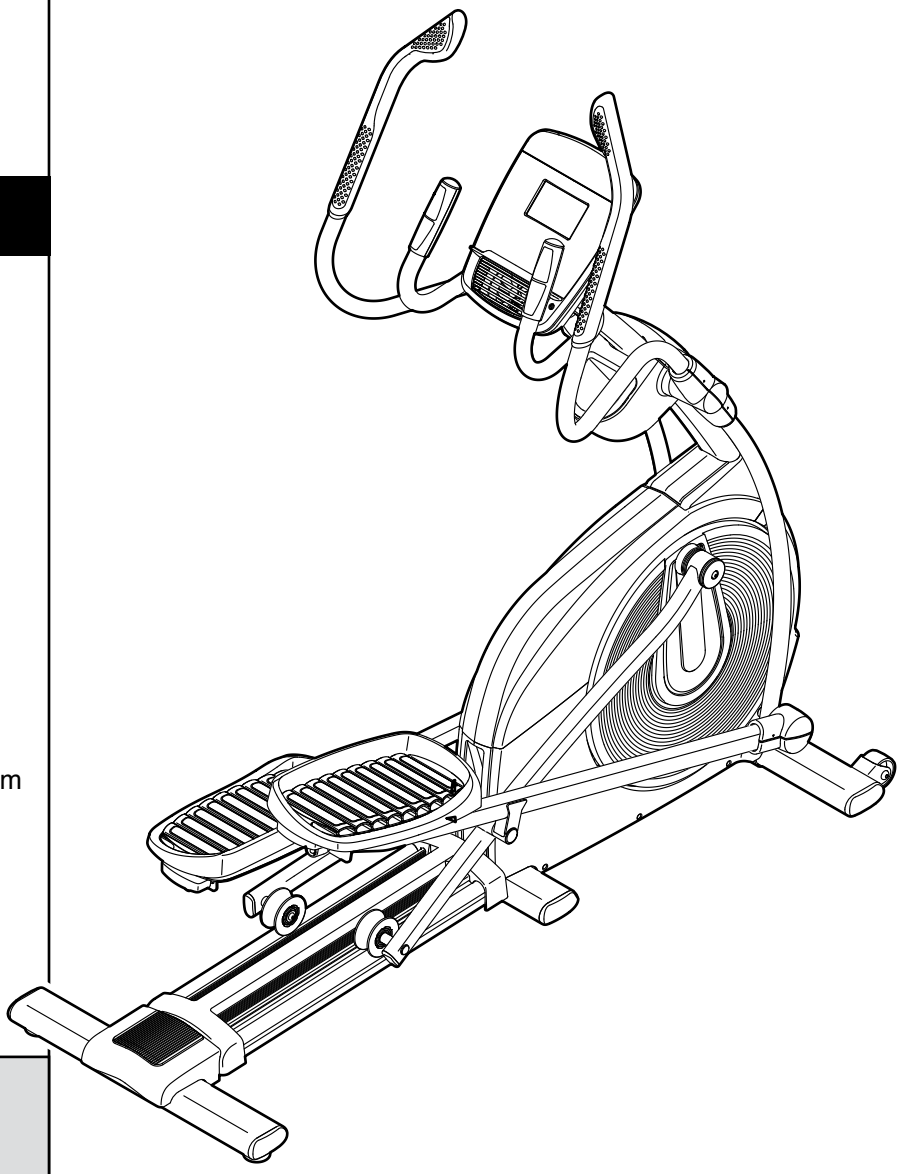
UNITED KINGDOM
Call: 0330 123 1045
From Ireland: 053 92 36102
Website: www.iconsupport.eu
E-mail: csuk@iconeurope.com
Write:
ICON Health & Fitness, Ltd.
Unit 1D, The Gateway
Fryers Way, Silkwood Park
OSSETT
WF5 9TJ
UNITED KINGDOM

AUSTRALIA
Call: 1800 993 770
E-mail: australiacc@iconfitness.com
Write:
ICON Health & Fitness
PO Box 635
WINSTON HILLS NSW 2153
AUSTRALIA

⚠CAUTION

Read all precautions and instructions in this manual before using this equipment. Keep this manual for future reference.

USER'S MANUAL



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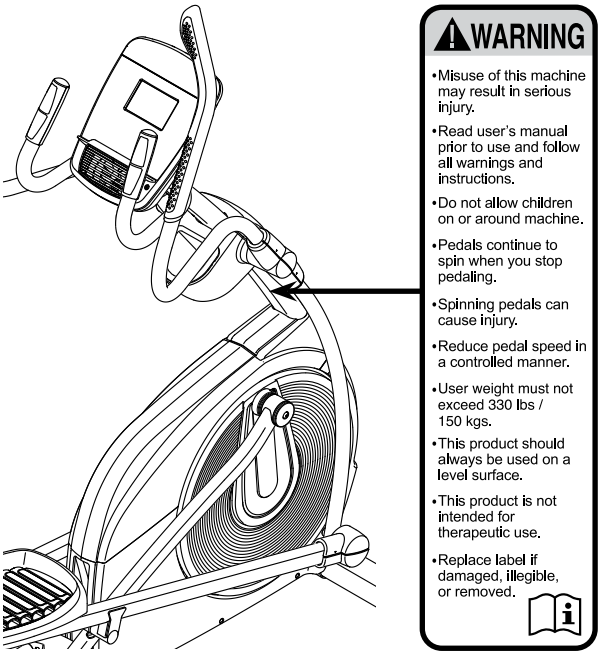
WARNING DECAL PLACEMENT

This drawing shows the location(s) of the warning decal(s). **If a decal is missing or illegible, see the front cover of this manual and request a free replacement decal. Apply the decal in the location shown.** Note: The decal(s) may not be shown at actual size.


WARNING
•Misuse of this machine may result in serious injury.
•Read user's manual prior to use and follow all warnings and instructions.
•Do not allow children on or around machine.
•Pedals continue to spin when you stop pedaling.
•Spinning pedals can cause injury.
•Reduce pedal speed in a controlled manner.
•User weight must not exceed 330 lbs / 150 kgs.
•This product should always be used on a level surface.
•This product is not intended for therapeutic use.
•Replace label if damaged, illegible, or removed.

NORDICTRACK is a registered trademark of ICON IP, Inc.

IMPORTANT PRECAUTIONS

⚠WARNING: To reduce the risk of burns, fire, electric shock, or injury to persons, read all important precautions and instructions in this manual and all warnings on your elliptical before using your elliptical. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

1. **It is the responsibility of the owner to ensure that all users of the elliptical are adequately informed of all precautions.**
2. **Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.**
3. **Use the elliptical only as described in this manual.**
4. **The elliptical is intended for home use only. Do not use the elliptical in a commercial, rental, or institutional setting.**
5. **Keep the elliptical indoors, away from moisture and dust. Do not put the elliptical in a garage or covered patio, or near water.**
6. **Place the elliptical on a level surface, with at least 3 ft. (0.9 m) of clearance in the front and rear of the elliptical and 2 ft. (0.6 m) on each side. To protect the floor or carpet from damage, place a mat under the elliptical.**
7. **Inspect and properly tighten all parts regularly. Replace any worn parts immediately.**
8. **Keep children under age 12 and pets away from the elliptical at all times.**
9. **When connecting the power cord (see page 13), plug the power cord into a grounded circuit.**
10. **Do not modify the power cord or use an adapter to connect the power cord to an improper receptacle. Keep the power cord away from heated surfaces. Do not use an extension cord.**
11. **Do not operate the elliptical if the power cord or plug is damaged, or if the elliptical is not working properly.**
12. **DANGER: Always unplug the power cord and switch the power switch to the off position when the elliptical is not in use and before cleaning the elliptical. Servicing other than the procedures in this manual should be performed by an authorized service representative only.**
13. **The elliptical should not be used by persons weighing more than 330 lbs. (150 kg).**
14. **Wear appropriate clothes while exercising; do not wear loose clothes that could become caught on the elliptical. Always wear athletic shoes for foot protection while exercising.**
15. **Hold the handlebars or the upper body arms when mounting, dismounting, or using the elliptical.**
16. **The heart rate monitor is not a medical device. Various factors may affect the accuracy of heart rate readings. The heart rate monitor is intended only as an exercise aid in determining heart rate trends in general.**
17. **The elliptical does not have a freewheel; the pedals will continue to move until the flywheel stops. Reduce your pedaling speed in a controlled way.**
18. **Keep your back straight while using the elliptical; do not arch your back.**
19. **Over exercising may result in serious injury or death. If you feel faint or if you experience pain while exercising, stop immediately and cool down.**

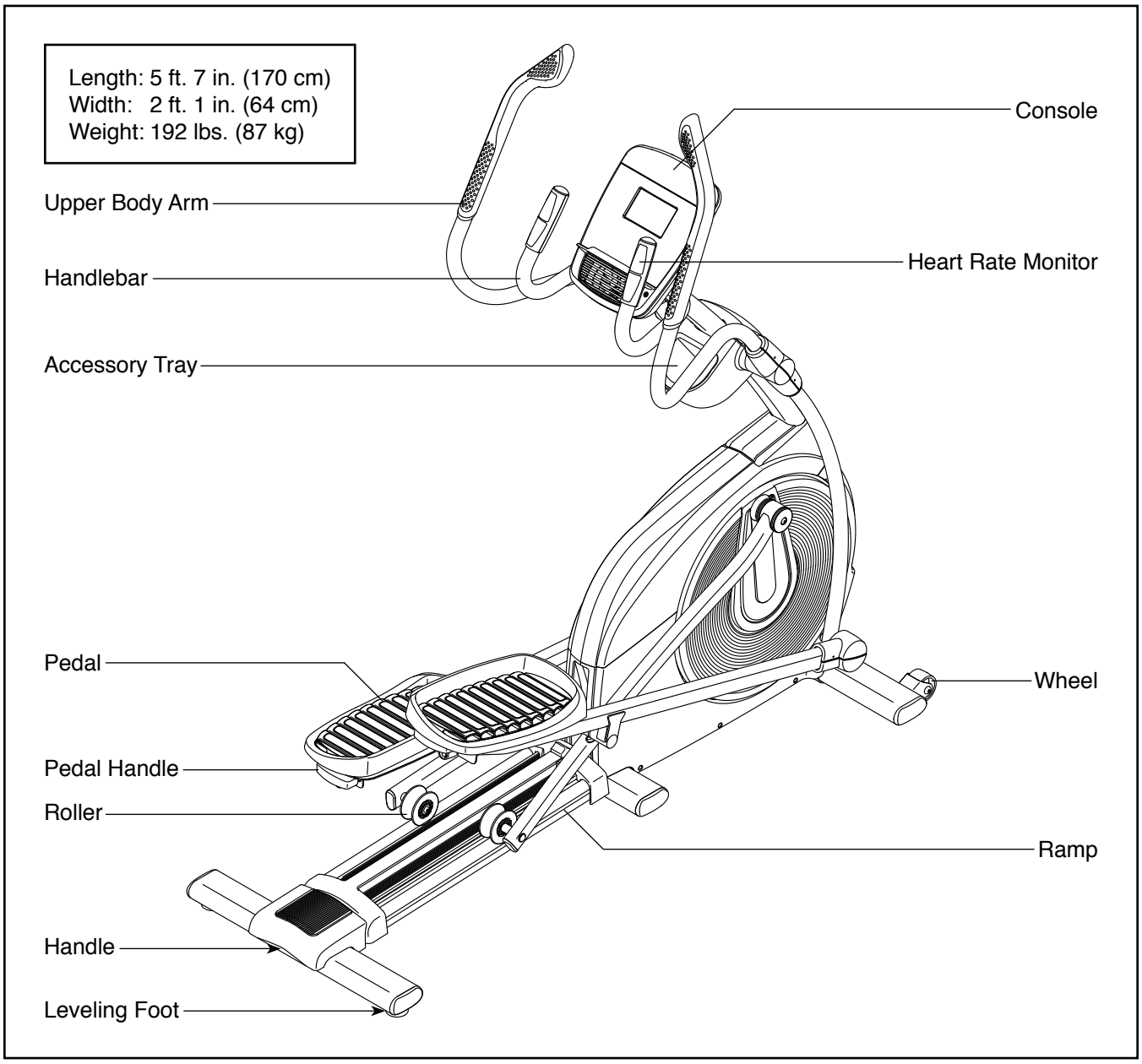
SAVE THESE INSTRUCTIONS

BEFORE YOU BEGIN

Thank you for selecting the revolutionary NORDICTRACK® E 9.5 elliptical. The E 9.5 elliptical provides an impressive selection of features designed to make your workouts at home more effective and enjoyable.

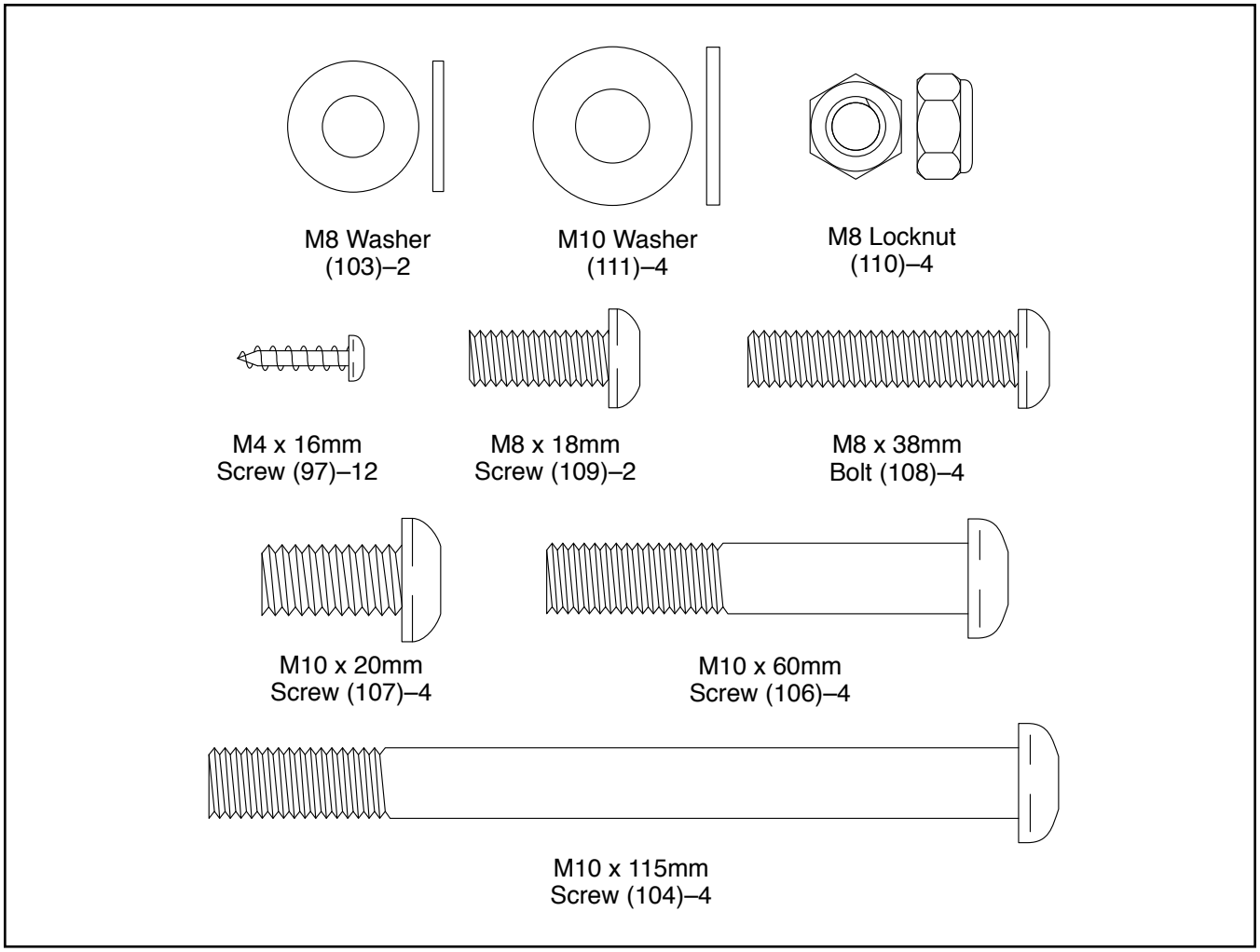
For your benefit, read this manual carefully before you use the elliptical. If you have questions after reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

Before reading further, please familiarize yourself with the parts that are labeled in the drawing below.



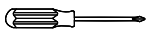
PART IDENTIFICATION CHART

Use the drawings below to identify the small parts needed for assembly. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. The number following the key number is the quantity needed for assembly. **Note: If a part is not in the hardware kit, check to see if it has been preassembled. Extra parts may be included.**



ASSEMBLY

- Assembly requires two persons.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until you finish all assembly steps.
- Left parts are marked “L” or “Left” and right parts are marked “R” or “Right.”
- To identify small parts, see page 5.
- In addition to the included tool(s), assembly requires the following tools:

  one Phillips screwdriver 

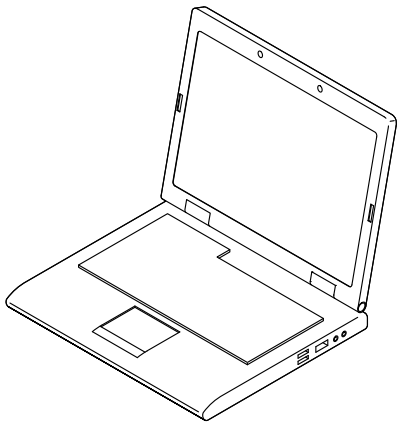
  one rubber mallet

  Assembly may be easier if you have a set of wrenches. To avoid damaging parts, do not use power tools.

1. **Go to www.iconsupport.eu on your computer and register your product.**

   - activates your warranty
   - saves you time if you ever need to contact Customer Service
   - allows us to notify you of upgrades and offers

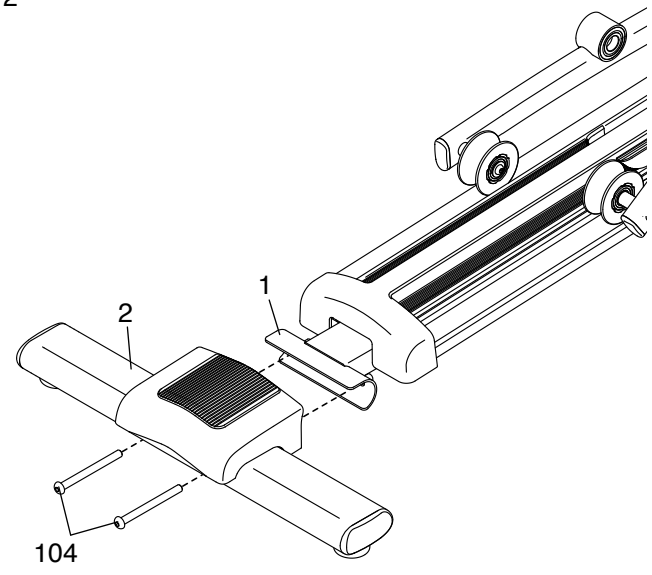
   Note: If you do not have Internet access, call Customer Service (see the front cover of this manual) and register your product.

1


2. With the help of a second person, place some of the packing materials (not shown) under the rear of the Frame (1). **Have the second person hold the Frame to prevent it from tipping while you complete this step.**

   Attach the Rear Stabilizer (2) to the Frame (1) with two M10 x 115mm Screws (104).

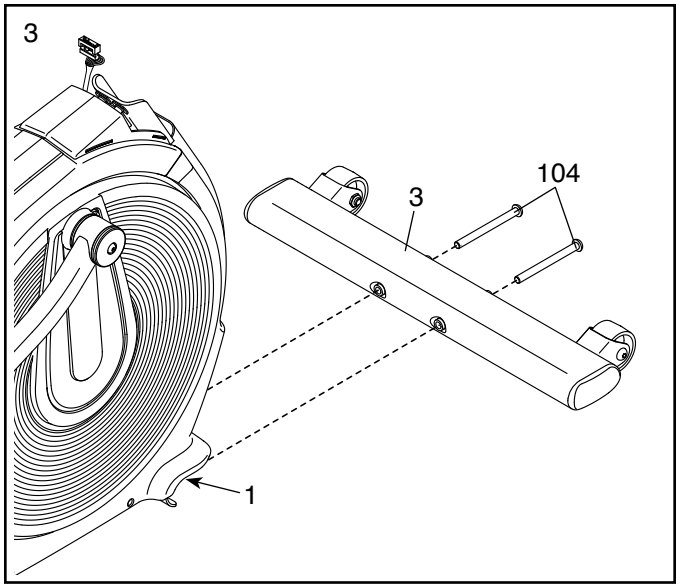
   Remove the packing materials from under the rear of the Frame (1).

2


3. With the help of a second person, place some of the packing materials (not shown) under the front of the Frame (1). **Have the second person hold the Frame to prevent it from tipping while you complete this step.**

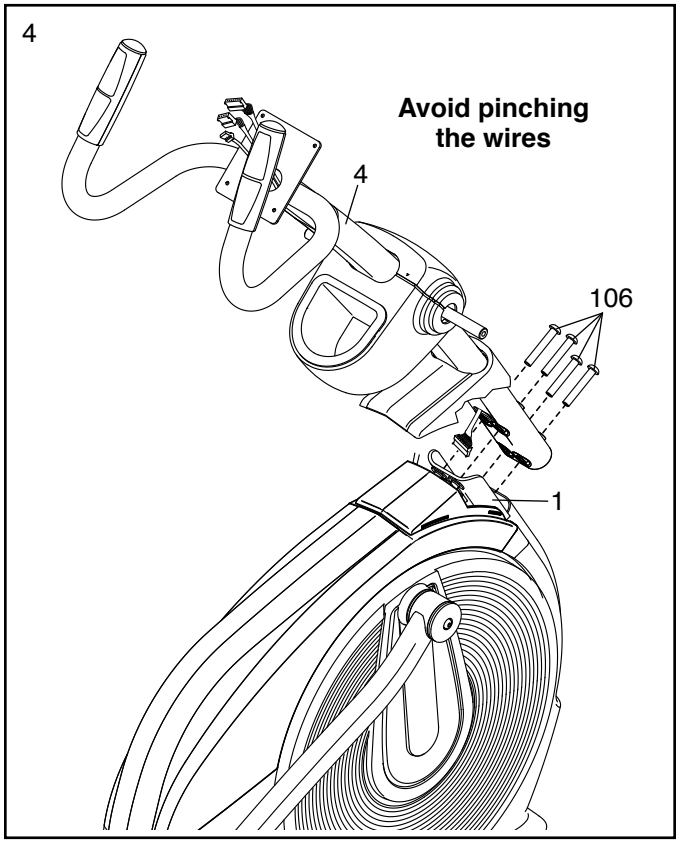
   Attach the Front Stabilizer (3) to the Frame (1) with two M10 x 115mm Screws (104).

   Remove the packing materials from under the front of the Frame (1).



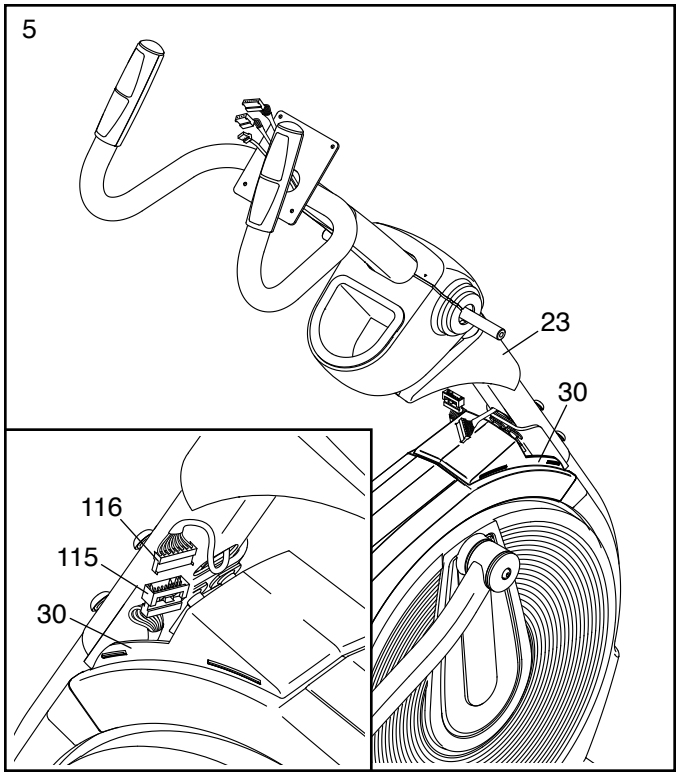
4. Orient the Upright (4) as shown.

   Tip: Avoid pinching the wires. Have a second person hold the Upright (4) against the Frame (1). Attach the Upright with four M10 x 60mm Screws (106). **Start all the Screws, and then tighten them.**



5. **See the inset drawing.** Connect the Upper Wire (116) to the Lower Wire (115). Press the connectors downward into the Shield Cover (30).

   Then, press the Upright Cover (23) onto the Shield Cover (30).

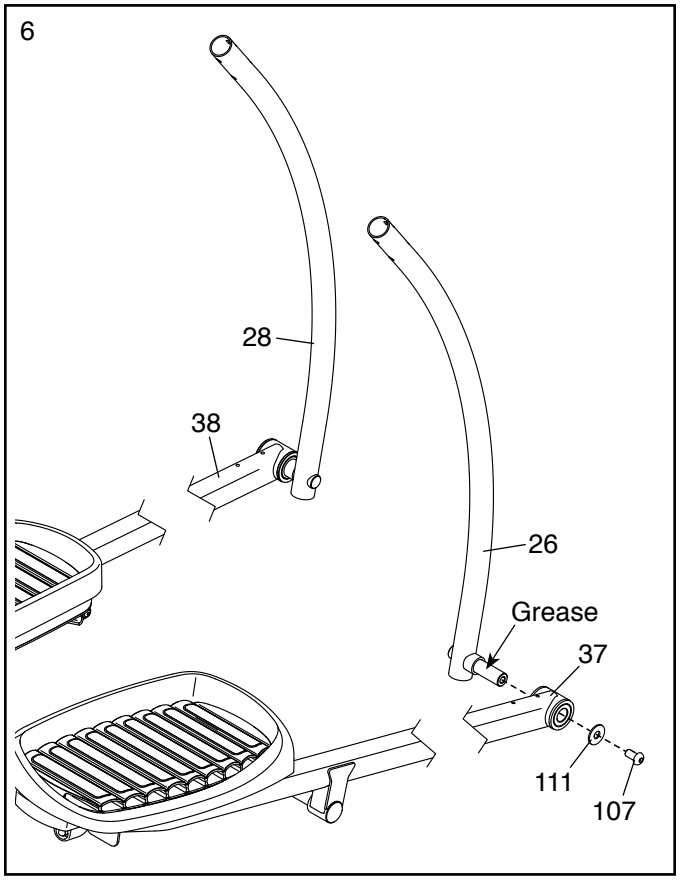


6. Identify the Right Upper Body Leg (26) and the Right Pedal Arm (37) and orient them as shown.

   Using a plastic bag to keep your fingers clean, apply some of the included grease to the axle on the Right Upper Body Leg (26).

   Slide the Right Pedal Arm (37) onto the Right Upper Body Leg (26). Attach the Right Pedal Arm with an M10 x 20mm Screw (107) and an M10 Washer (111).

   Repeat this step to attach the Left Pedal Arm (38) to the Left Upper Body Leg (28).

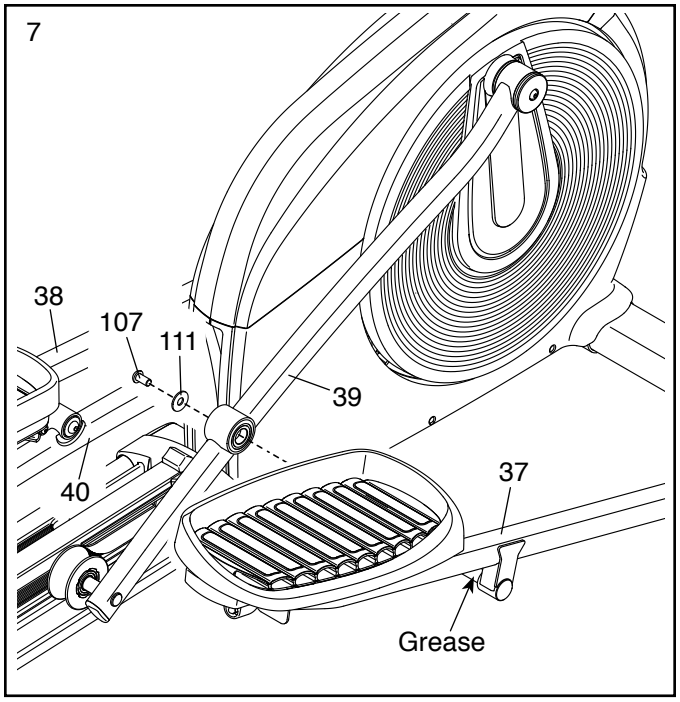


7. Apply some of the included grease to the axle on the Right Pedal Arm (37).

   Insert the axle on the Right Pedal Arm (37) into the Right Roller Arm (39).

   Then, tighten an M10 x 20mm Screw (107) with an M10 Washer (111) into the end of the Right Pedal Arm (37).

   Repeat this step to attach the Left Pedal Arm (38) to the Left Roller Arm (40).

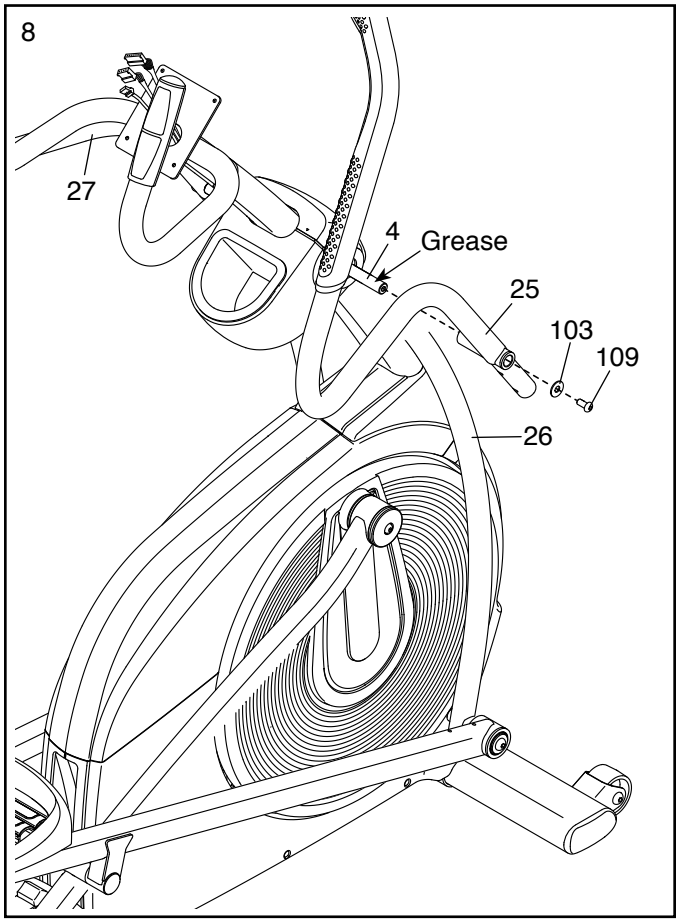


8. Identify the Right Upper Body Arm (25) and orient it as shown. **Do not insert the Right Upper Body Arm into the Right Upper Body Leg (26) yet.**

   Apply some of the included grease to the axle on the right side of the Upright (4).

   Slide the Right Upper Body Arm (25) onto the right side of the Upright (4). Attach the Right Upper Body Arm with an M8 x 18mm Screw (109) and an M8 Washer (103).

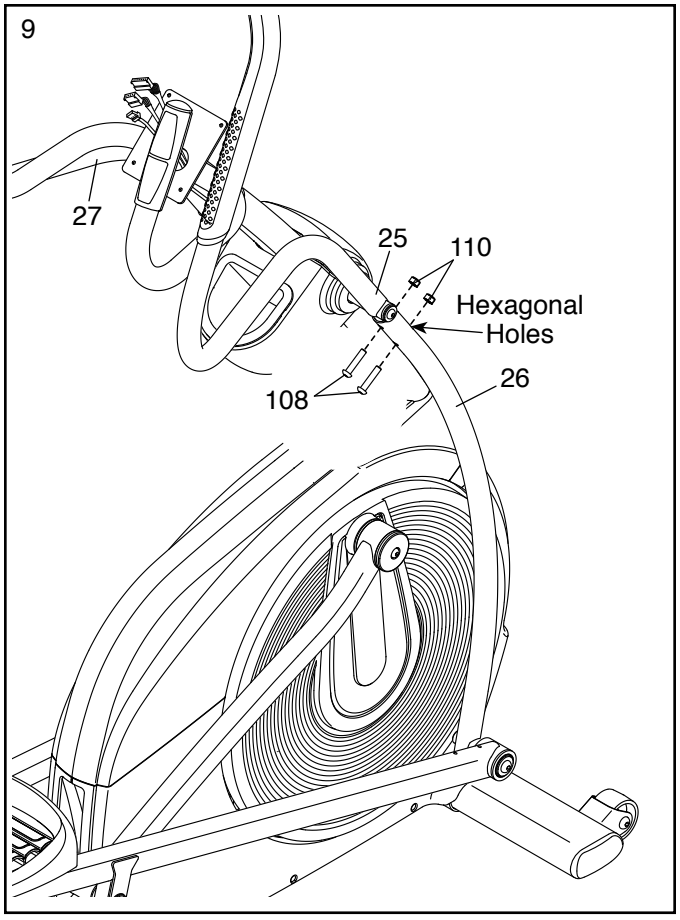
   Repeat this step to attach the Left Upper Body Arm (27) to the Upright (4).



9. Insert the Right Upper Body Arm (25) into the Right Upper Body Leg (26).

   Attach the Right Upper Body Arm (25) with two M8 x 38mm Bolts (108) and two M8 Locknuts (110). **Make sure that the Locknuts are in the hexagonal holes.**

   Repeat this step to attach the Left Upper Body Arm (27) to the Left Upper Body Leg (not shown).

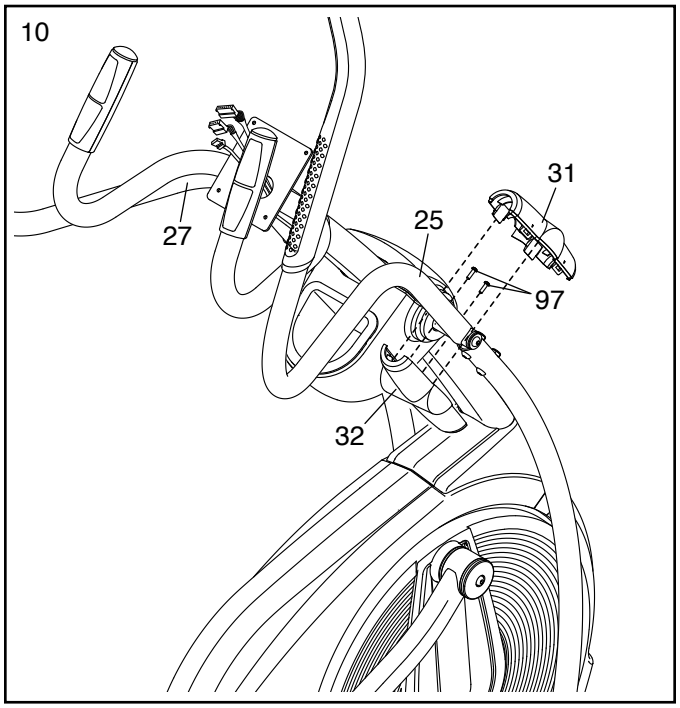


10. Identify an Upper Body Cover A (31) and an Upper Body Cover B (32) and orient them as shown.

    Attach the Upper Body Cover B (32) to the Right Upper Body Arm (25) with two M4 x 16mm Screws (97).

    Then, press the Upper Body Cover A (31) onto the Upper Body Cover B (32).

    Repeat this step on the other side of the elliptical.

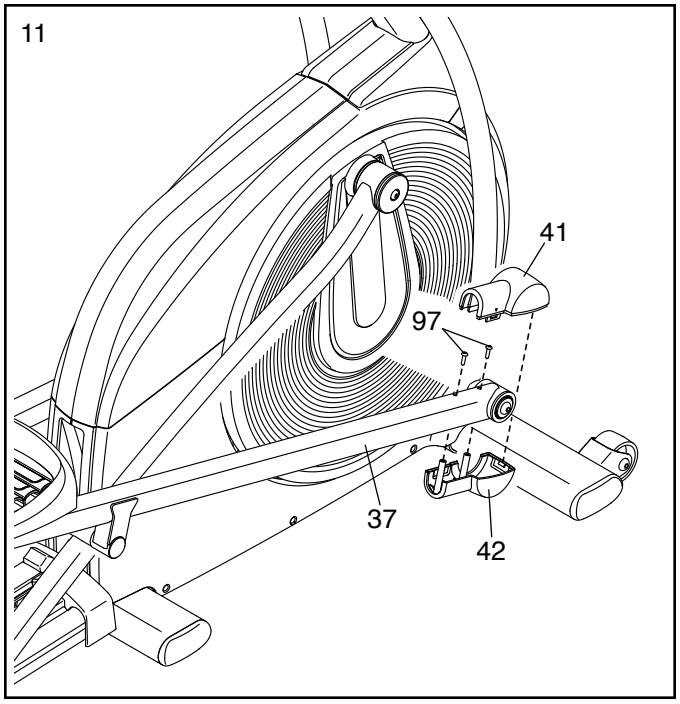


11. Identify the Right Pedal Arm Cover A (41) and the Right Pedal Arm Cover B (42) and orient them as shown.

    Attach the Right Pedal Arm Cover B (42) to the Right Pedal Arm (37) with two M4 x 16mm Screws (97).

    Then, press the Right Pedal Arm Cover A (41) onto the Right Pedal Arm Cover B (42).

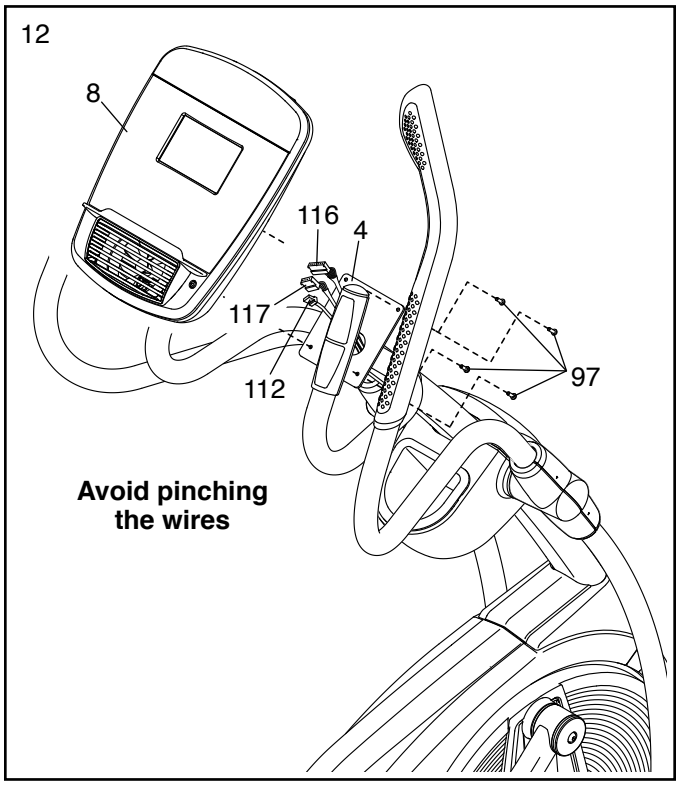
    Repeat this step on the other side of the elliptical.



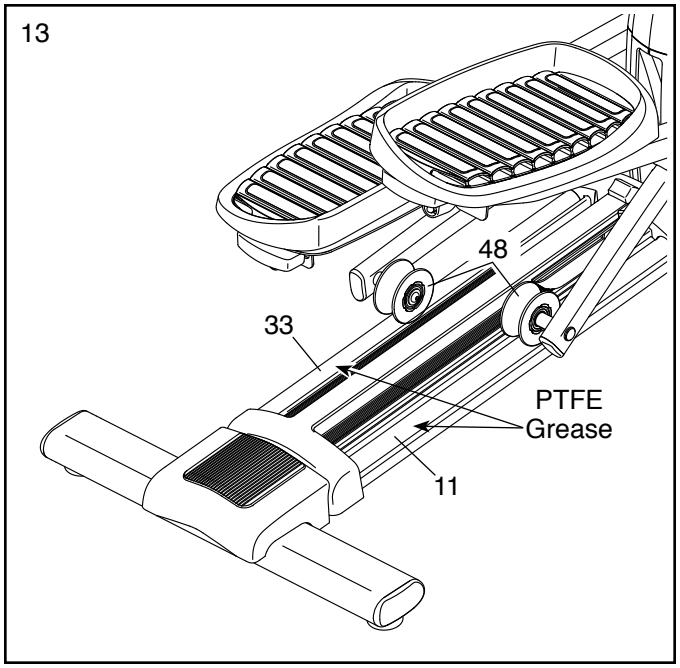
12. While a second person holds the Console (8) near the Upright (4), plug the Upper Wire (116), the Pulse Wire (117), and the Receiver Wire (112) into the matching receptacles on the back of the Console.

    The connectors on the Upper Wire (116), the Pulse Wire (117), and the Receiver Wire (112) should slide easily into the receptacles and snap into place. If a connector does not slide easily into a receptacle, turn the connector and try again. **If you do not connect the connectors properly, the console may become damaged.**

    Tip: Avoid pinching the wires. Attach the Console (8) to the Upright (4) with four M4 x 16mm Screws (97).



13. Apply a small amount of the included PTFE grease to a paper towel. Spread a thin layer of the PTFE grease evenly along the Right and Left Tracks (11, 33) where the Rollers (48) move. Then, wipe off any excess grease.



14. **Make sure that all parts are properly tightened before you use the elliptical.** Note: Extra parts may be included. Place a mat beneath the elliptical to protect the floor.

HOW TO USE THE ELLIPTICAL

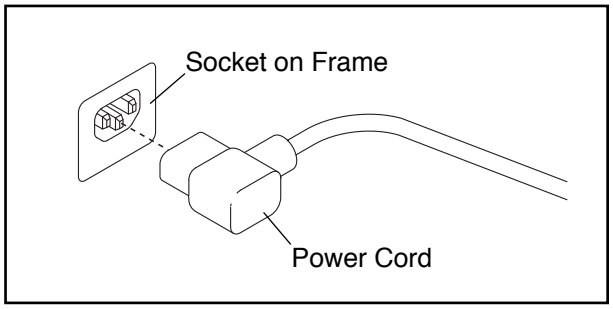
HOW TO PLUG IN THE POWER CORD

This product must be earthed. If it should malfunction or break down, earthing provides a path of least resistance for electric current to reduce the risk of electric shock. This product's power cord has an equipment-earthing conductor and an earthing plug. **IMPORTANT: If the power cord is damaged, it must be replaced with a manufacturer-recommended power cord.**

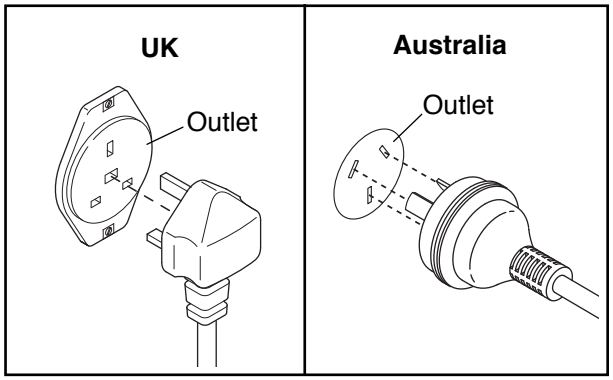
⚠DANGER: Improper connection of the equipment-earthing conductor can result in an increased risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly earthed. Do not modify the plug provided with the product—if it will not fit the outlet, have a proper outlet installed by a qualified electrician

Follow the steps below to plug in the power cord.

1. Plug the indicated end of the power cord into the socket on the frame.

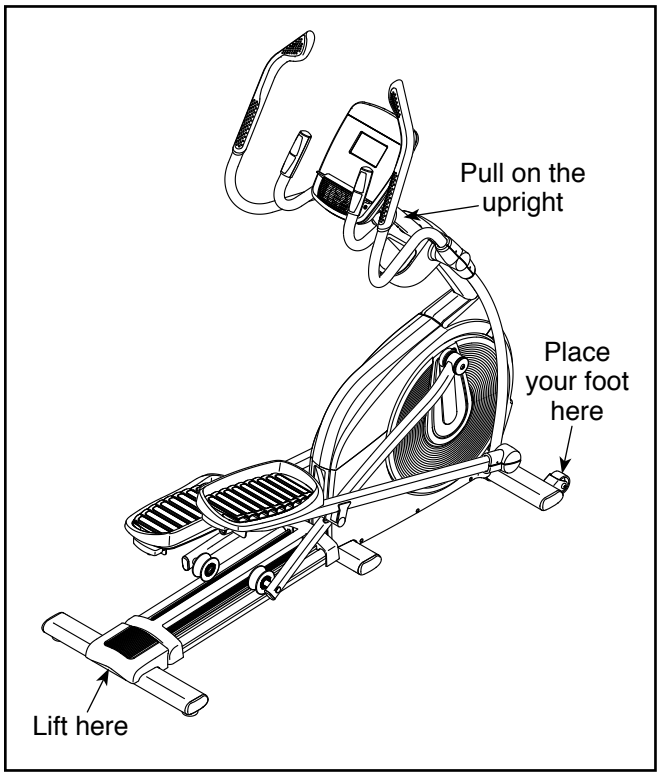


2. Plug the power cord into an appropriate outlet that is properly installed and earthed in accordance with all local codes and ordinances.



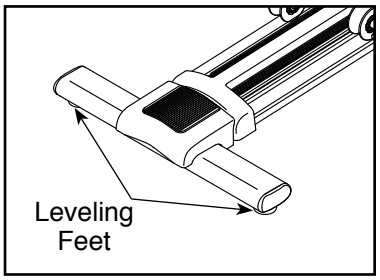
HOW TO MOVE THE ELLIPTICAL

Due to the size and weight of the elliptical, moving it requires two persons. Stand in front of the elliptical, hold the upright, and place one foot against one of the wheels. Pull on the upright and have a second person lift the handle until the elliptical will roll on the wheels. Carefully move the elliptical to the desired location, and then lower it to the floor.



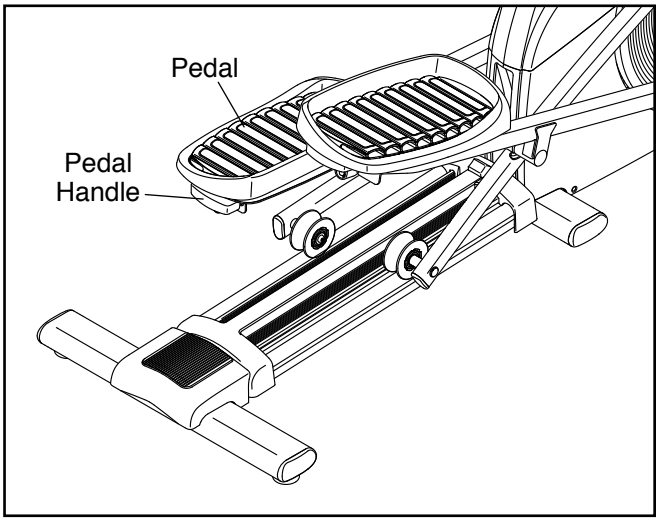
HOW TO LEVEL THE ELLIPTICAL

If the elliptical rocks slightly on your floor during use, turn one or both of the leveling feet beneath the rear of the frame until the rocking motion is eliminated.



HOW TO ADJUST THE POSITIONS OF THE PEDALS

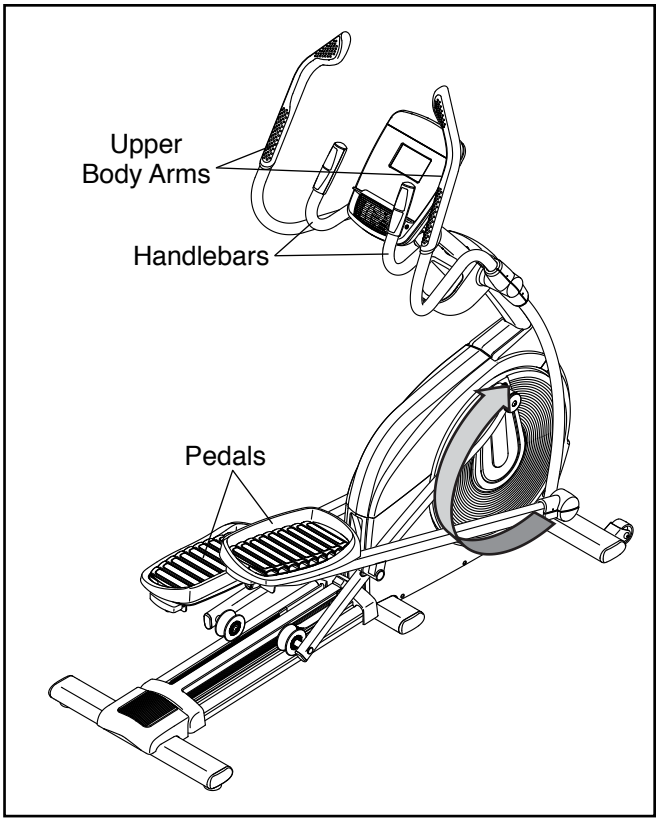
Each pedal can be adjusted to several positions. To adjust each pedal, simply pull the pedal handle outward, move the pedal to the desired position, and then release the pedal handle into an adjustment hole beneath the pedal. **Make sure to adjust both pedals to the same position.**



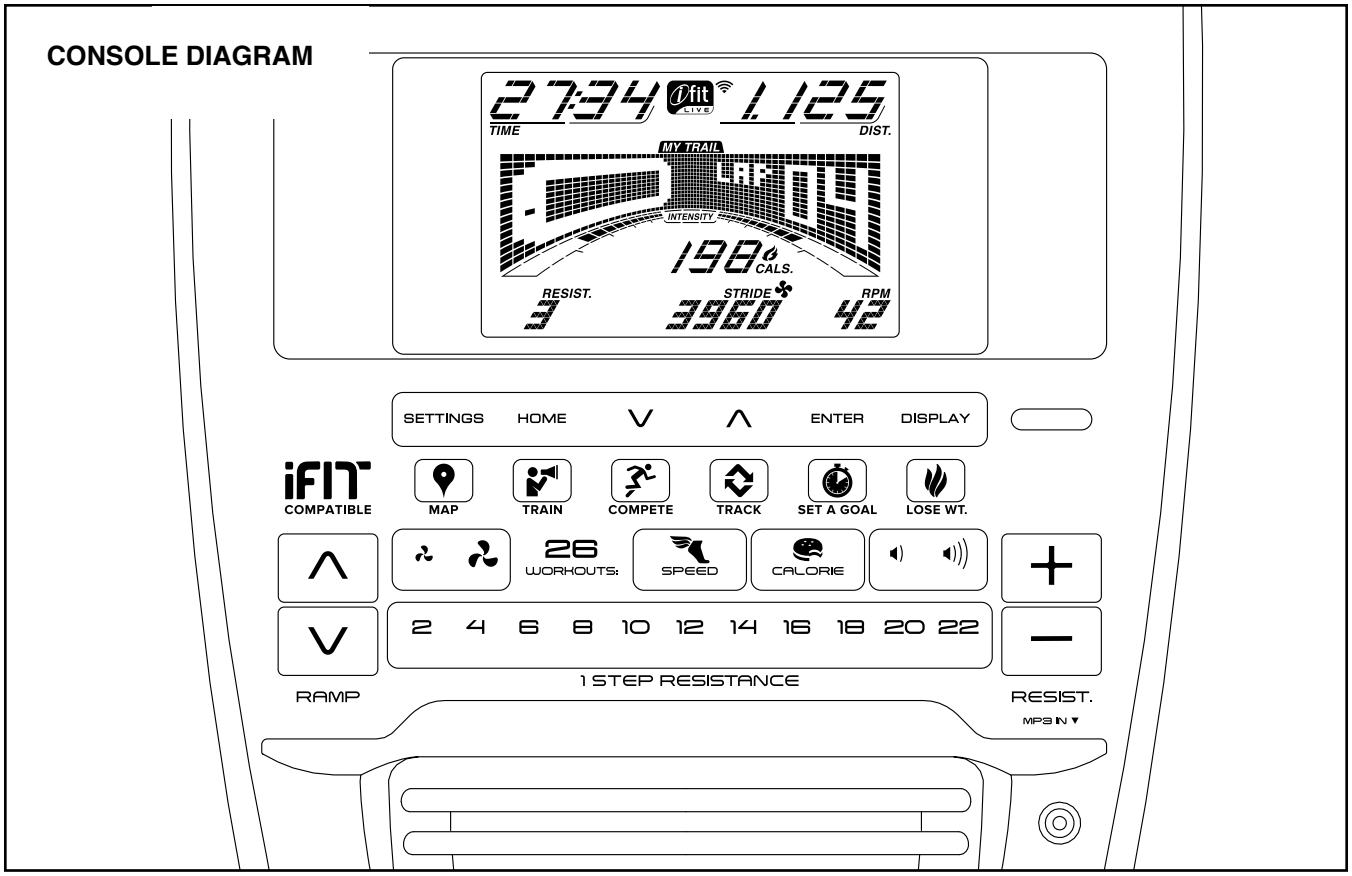
HOW TO EXERCISE ON THE ELLIPTICAL

To mount the elliptical, hold the handlebars or the upper body arms and step onto the pedal that is in the lower position. Then, step onto the other pedal. Push the pedals until they begin to move with a continuous motion. **Note: The pedals can turn in either direction. It is recommended that you turn the pedals in the direction shown by the arrow; however, for variety, you can turn the pedals in the opposite direction.**

To dismount the elliptical, wait until the pedals come to a complete stop. **Note: The elliptical does not have a free wheel; the pedals will continue to move until the flywheel stops.** When the pedals are stationary, step off the higher pedal first. Then, step off the lower pedal.



CONSOLE DIAGRAM



MAKE YOUR FITNESS GOALS A REALITY WITH IFIT.COM

With your new iFit-compatible fitness equipment, you can use an array of features on iFit.com to make your fitness goals a reality:

MAP — Exercise anywhere in the world with customizable Google Maps.

TRAIN — Download training workouts designed to help you reach your personal goals.

COMPETE — Measure your progress by competing against other users in the iFit community.

TRACK — Upload your workout results to the iFit cloud and track your accomplishments.

SET A GOAL — Set calorie, time, or distance goals for your workouts.

LOSE WT. — Choose and download sets of weight-loss workouts

Go to iFit.com to learn more.

FEATURES OF THE CONSOLE

The advanced console offers an array of features designed to make your workouts more effective and enjoyable.

When you use the manual mode of the console, you can change the resistance of the pedals and the incline of the ramp with the touch of a button. While you exercise, the console will display continuous exercise feedback. You can also measure your heart rate using the handgrip heart rate monitor or the optional chest heart rate monitor **(see page 23 for information about the optional chest heart rate monitor).**

The console also offers a selection of onboard workouts. Each workout automatically changes the resistance of the pedals and the incline of the ramp as it guides you through an effective workout. You can also set a calorie, distance, or time goal.

The console also features an iFit mode that enables the console to communicate with your wireless network through an optional iFit module. With the iFit mode, you can download personalized workouts, create your own workouts, track your workout results, race against other iFit users, and access many other features. **To purchase an iFit module at any time, go to www.iFit.com or call the telephone number on the front cover of this manual.**

You can even connect your MP3 player or CD player to the console sound system and listen to your favorite music or audio books while you exercise.

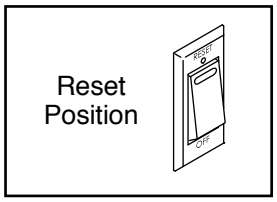
To use the manual mode, see page 18. **To use an onboard workout,** see page 20. **To use a set-a-goal workout,** see page 21. **To use an iFit workout,** see page 22. **To use the sound system,** see page 23. **To change console settings,** see page 24.

Note: If there is a sheet of plastic on the display, remove the plastic.

HOW TO TURN ON THE POWER

IMPORTANT: If the elliptical has been exposed to cold temperatures, allow it to warm to room temperature before you turn on the power. If you do not do this, you may damage the console displays or other electrical components.

Plug in the power cord (see HOW TO PLUG IN THE POWER CORD on page 13). Next, locate the power switch on the frame near the power cord. Press the power switch to the reset position.



The display will then turn on and the console will be ready for use.

Note: When you turn on the power for the first time, the incline of the ramp may calibrate automatically. The ramp will move upward and downward as it calibrates. When the ramp stops moving, the ramp is calibrated.

IMPORTANT: If the incline of the ramp does not calibrate automatically, see HOW TO CALIBRATE THE RAMP on page 25 and manually calibrate the ramp.

IMPORTANT: The console features a display demo mode, designed to be used if the elliptical is displayed in a store. If the demo mode is turned on, the console will not turn off and the display will not be reset when you finish exercising. To turn off the demo mode, see step 3 on page 24.

HOW TO USE THE MANUAL MODE

1. **Begin pedaling or press any button on the console to turn on the console.**

   See HOW TO TURN ON THE POWER on page 17.

2. **Select the manual mode.**

   Press the Home button or press either the Speed button or the Calorie button repeatedly to select the manual mode.

   If a wireless iFit module is not inserted into the console and connected to iFit, the manual mode will be selected automatically.

3. **Change the resistance of the pedals and the incline of the ramp as desired.**

   As you pedal, change the resistance of the pedals by pressing the Resist. increase and decrease buttons or by pressing one of the numbered 1 Step Resistance buttons.

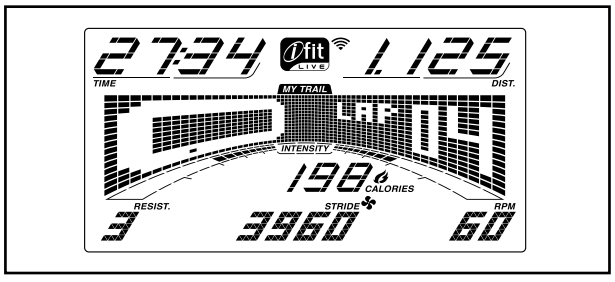
   Note: After you press a button, it will take a moment for the pedals to reach the selected resistance level.

   To vary the motion of the pedals, you can change the incline of the ramp. To change the incline, press the Ramp increase and decrease buttons.

   Note: After you press a button, it will take a moment for the ramp to reach the selected incline level.

4. **Follow your progress with the display.**

   The display can show the following workout information:



   Calories (Cals.)—This display mode will show the approximate number of calories you have burned.

   Calories per Hour (Cals./Hr)—This display mode will show the approximate number of calories you are burning per hour.

   Distance (Dist.)—This display mode will show the distance that you have pedaled in miles or kilometers.

   Pulse—This display mode will show your heart rate when you use the handgrip heart rate monitor or the optional chest heart rate monitor (see step 5).

   Ramp—This display mode will show the incline level of the ramp for a few seconds each time the incline level changes.

   Resistance (Resist.)—This display mode will show the resistance level of the pedals for a few seconds each time the resistance level changes.

   RPM—This display mode will show your pedaling speed in revolutions per minute (rpm).

   Stride—This display mode will show the total number of strides you have pedaled.

   Time—When the manual mode is selected, this display mode will show the elapsed time. When a workout is selected, this display mode will show the time remaining in the workout.

   The matrix offers several display tabs. Press the Display button until the desired tab is shown. You can also press the increase and decrease buttons next to the Enter button.

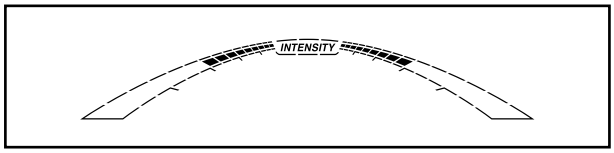
   Speed—This tab will show a profile of the speed settings of the workout. A new segment will appear at the end of each minute.

   My Trail—This tab will show a track that represents 1/4 mile (400 m). As you exercise, the flashing rectangle will show your progress. The My Trail tab will also show the number of laps you complete.

   Calorie—This tab will show the approximate amount of calories you have burned. The height of each segment represents the amount of calories burned during that segment.

   Incline—This tab will show a profile of the incline settings of the workout. A new segment will appear at the end of each minute.

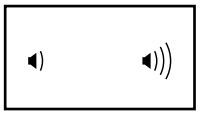
As you exercise, the workout intensity level bar will indicate the approximate intensity level of your exercise.



When a wireless iFit module is connected, the wireless symbol at the top of the display will show the strength of your wireless signal. Four arcs indicate full signal strength.

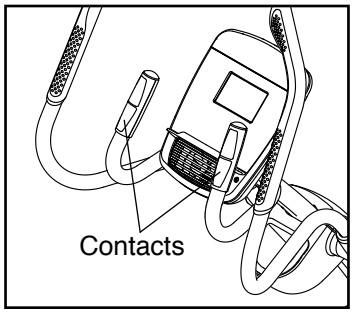
To exit the manual mode or a workout, press the Home button. If necessary, press the Home button again.

Change the volume level of the console by pressing the volume increase and decrease buttons.



5. **Measure your heart rate if desired.**

You can measure your heart rate using either the handgrip heart rate monitor or the optional chest heart rate monitor **(see page 23 for information about the optional chest heart rate monitor).**



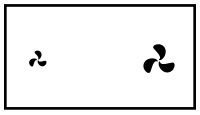
If there are sheets of plastic on the metal contacts on the handgrip heart rate monitor, remove the plastic. To measure your heart rate, hold the handgrip heart rate monitor with your palms resting against the contacts. **Avoid moving your hands or gripping the contacts tightly.**

When your pulse is detected, a heart symbol will flash in the display each time your heart beats, one or two dashes will appear, and then your heart rate will be shown. **For the most accurate heart rate reading, hold the contacts for at least 15 seconds.**

If the display does not show your heart rate, make sure that your hands are positioned as described. Be careful not to move your hands excessively or to squeeze the contacts tightly. For optimal performance, clean the contacts using a soft cloth; **never use alcohol, abrasives, or chemicals to clean the contacts.**

6. **Turn on the fan if desired.**

The fan has high, low, and auto speed settings. While the auto mode is selected, the speed of the fan will automatically increase or decrease as you increase or decrease your pedaling speed. Press the fan button repeatedly to select a fan speed or to turn off the fan.



Note: If the pedals do not move for about thirty seconds, the fan will turn off automatically.

7. **When you are finished exercising, unplug the power cord.**

If the pedals do not move for several seconds, a tone will sound and the console will pause.

If the pedals do not move for several minutes and the buttons are not pressed, the console will turn off and the display will be reset.

When you are finished exercising, press the power switch to the off position and unplug the power cord. **IMPORTANT: If you do not do this, the electrical components on the elliptical may wear prematurely.**

HOW TO USE AN ONBOARD WORKOUT

1. **Begin pedaling or press any button on the console to turn on the console.**

   See HOW TO TURN ON THE POWER on page 17.

2. **Select an onboard workout.**

   To select an onboard workout, press the Speed button or the Calorie button repeatedly until the desired workout appears in the display.

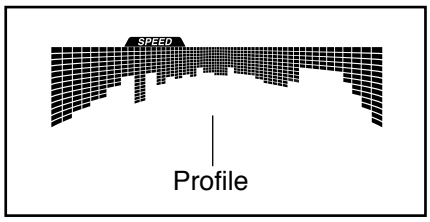
   When you select an onboard workout, the display will show the duration of the workout and the name of the workout. A profile of the speed settings of the workout will appear in the matrix.

   The display will also show the maximum pedaling speed (rpm), the maximum resistance level, and the maximum ramp incline level.

3. **Begin pedaling to start the workout.**

   Each workout is divided into one-minute segments. One resistance level, one ramp incline level, and one target rpm (speed) are programmed for each segment. Note: The same resistance level, ramp incline level, and/or target rpm may be programmed for consecutive segments.

   The resistance level, the ramp incline level, and the target rpm for the first segment will appear in the matrix.

   During the workout, the profiles on the speed and incline tabs will show your progress. The flashing segment of the profile represents the current segment of the workout. The height of the flashing segment indicates the target speed or the incline level for the current segment.

   At the end of each segment of the workout, a series of tones will sound and the next segment of the profile will begin to flash. If a different resistance level, ramp incline level, and/or target rpm is programmed for the next segment, the resistance level, ramp incline level, and/or target rpm will appear in the display for a few seconds to alert you. The resistance of the pedals and the incline level of the ramp will then change.

   As you exercise, you will be prompted to keep your pedaling speed near the target rpm for the current segment. **When an upward-pointing arrow appears in the display,** increase your pace. **When a downward-pointing arrow appears,** decrease your pace. **When no arrow appears,** maintain your current pace.

   IMPORTANT: The target rpm is intended only to provide motivation. Your actual pedaling speed may be slower than the target rpm. Make sure to pedal at a speed that is comfortable for you.

   If the resistance level or incline level for the current segment is too high or too low, you can manually override the setting by pressing the Resist. buttons or the Ramp buttons. **IMPORTANT: When the current segment of the workout ends, the pedals will automatically adjust to the resistance level programmed for the next segment and the ramp will automatically adjust to the incline level programmed for the next segment.**

   The workout will continue in this way until the last segment ends. To stop the workout at any time, stop pedaling. The time will flash in the display. To resume the workout, simply resume pedaling.

4. **Follow your progress with the display.**

   See step 4 on page 18.

5. **Measure your heart rate if desired.**

   See step 5 on page 19.

6. **Turn on the fan if desired.**

   See step 6 on page 19.

7. **When you are finished exercising, unplug the power cord.**

   See step 7 on page 19.

HOW TO USE A SET-A-GOAL WORKOUT

1. **Begin pedaling or press any button on the console to turn on the console.**

   See HOW TO TURN ON THE POWER on page 17.

2. **Set a calorie, distance, or time goal.**

   To set a calorie, distance, or time goal, first press the Set A Goal button.

   Next, press the increase and decrease buttons next to the Enter button until the name of the desired goal appears in the display. Then, press the Enter button.

   Then, press the increase and decrease buttons next to the Enter button to set the desired goal.

3. **Begin pedaling to start the workout.**

   Each workout is divided into one-minute segments.

   You can manually change the resistance of the pedals and incline of the ramp as desired during the workout by pressing the Resist. buttons and the Ramp buttons.

   Note: If you manually change the resistance level or the ramp incline level during a calorie goal workout, the length of the workout will adjust automatically to ensure that you meet your calorie goal.

   Note: The calorie goal is an estimate of the number of calories that you will burn during the workout. The actual number of calories that you burn will depend on various factors such as your weight. In addition, if you manually change the resistance level or the ramp incline level during the workout, the number of calories you burn will be affected.

   The workout will continue in this way until the calorie, distance, or time goal is reached. To pause the workout, stop pedaling. The time will pause in the display. To resume the workout, simply resume pedaling.

4. **Follow your progress with the display.**

   As you exercise, the calories, time, or distance display will count down until the desired goal is reached.

   See step 4 on page 18.

5. **Measure your heart rate if desired.**

   See step 5 on page 19.

6. **Turn on the fan if desired.**

   See step 6 on page 19.

7. **When you are finished exercising, unplug the power cord.**

   See step 7 on page 19.

HOW TO USE AN IFIT WORKOUT

You must have an iFit module to use an iFit workout. **To purchase an iFit module at any time, go to www.iFit.com or call the telephone number on the front cover of this manual.**

Note: To use an iFit module, you must have access to a computer with an internet connection and a USB port. You will also need an iFit.com membership. To use a wireless iFit module, you must also have your own wireless network including an 802.11b/g/n router with SSID broadcast enabled (hidden networks are not supported).

1. **Begin pedaling or press any button on the console to turn on the console.**

   See HOW TO TURN ON THE POWER on page 17.

2. **Insert the iFit module into the console.**

   To use an iFit workout, make sure that the iFit module is inserted in the console.

   IMPORTANT: To satisfy exposure compliance requirements, the antenna and transmitter in the iFit module must be at least 8 in. (20 cm) from all persons and must not be near or connected to any other antenna or transmitter.

3. **Select a user.**

   If more than one user is registered on your iFit account, you can switch users in the iFit main screen. Press the increase and decrease buttons next to the Enter button to select a user.

4. **Select an iFit workout.**

   To select an iFit workout, press one of the iFit buttons. Before some workouts will download, you must add them to your schedule on www.iFit.com.

   Press the Map button, the Train button, or the Lose Wt. button to download the next workout of that type in your schedule.

   Press the Compete button to compete in a race that you have previously scheduled.

   Press the Track button to re-run a recent iFit workout from your schedule. Next, press the increase and decrease buttons to select the desired workout. Then, press the Enter button to start the workout.

   For more information about the iFit workouts, please see www.iFit.com.

   When you select an iFit workout, the display will show the duration of the workout and the approximate number of calories you will burn. The display may also show the name of the workout. If you select a competition workout, the display may count down to the beginning of the race.

   Note: The iFit buttons may also run demo workouts. To use the demo workouts, remove the iFit module from the console and press one of the iFit buttons.

5. **Start the workout.**

   See step 3 on page 20.

   During some workouts, an audio coach will guide you through your workout. You can select a setting for the audio coach (see HOW TO CHANGE CONSOLE SETTINGS on page 24).

   To stop the workout at any time, stop pedaling. The time will flash in the display. To resume the workout, simply resume pedaling.

6. **Follow your progress with the display.**

   See step 4 on page 18.

   The My Trail tab will show a map of the trail or it will show a track and the number of laps you complete.

   During a competition workout, the Compete tab will show your progress in the race. As you race, the top line in the matrix will show how much of the race you have completed. The other lines will show other competitors. The end of the matrix represents the end of the race.

7. **Measure your heart rate if desired.**

   See step 5 on page 19.

8. **Turn on the fan if desired.**

   See step 6 on page 19.

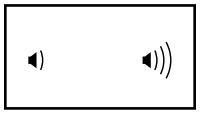
9. **When you are finished exercising, unplug the power cord.**

   See step 7 on page 19.

For more information about the iFit mode, go to www.iFit.com.

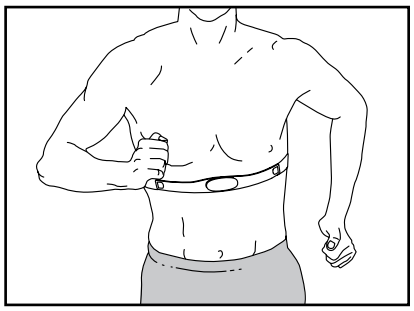
HOW TO USE THE SOUND SYSTEM

To play music or audio books through the console sound system while you exercise, plug a 3.5 mm male to 3.5 mm male audio cable (not included) into the jack on the console and into a jack on your MP3 player, CD player, or other personal audio player; **make sure that the audio cable is fully plugged in. Note: To purchase an audio cable, see your local electronics store.**



Next, press the play button on your personal audio player. Adjust the volume level using the volume increase and decrease buttons on the console or the volume control on your personal audio player.

THE OPTIONAL CHEST HEART RATE MONITOR



Whether your goal is to burn fat or to strengthen your cardiovascular system, the key to achieving the best results is to maintain the proper heart rate during your workouts. The optional chest heart rate monitor will enable you to continuously monitor your heart rate while you exercise, helping you to reach your personal fitness goals. **To purchase a chest heart rate monitor, please see the front cover of this manual.**

HOW TO CHANGE CONSOLE SETTINGS

1. **Select the settings mode.**

   To select the settings mode, press the Settings button.

   The display will show the total number of hours that the elliptical has been used and the total distance (in miles or kilometers) that has been pedaled on the elliptical.

   If an iFit module is connected to the console, the display will show the words WIFI MODULE or USB MODULE.

   If no module is connected, the display will show the words NO IFIT MODULE. If no module is connected, some of the settings options will not be available.

2. **Navigate the settings mode.**

   While the settings mode is selected, the matrix of the display will display several optional screens. Press the decrease button next to the Enter button repeatedly to select the desired optional screen.

   The lower section of the display will show instructions for the selected optional screen. **Make sure to follow the instructions shown in the lower part of the display.**

3. **Change settings as desired.**

   Demo—The console features a display demo mode, designed to be used if the elliptical is displayed in a store. Press the Enter button repeatedly to turn the demo mode ON or OFF.

   Units—The currently selected unit of measurement will appear in the display. To change the unit of measurement, press the Enter button repeatedly. To view distance in miles, select ENGLISH. To view distance in kilometers, select METRIC.

   Contrast Level—The currently selected contrast level will appear in the display. Press the Ramp increase and decrease buttons to adjust the contrast level.

   Trainer Voice—The currently selected setting for the audio coach will appear in the display. Press the Enter button repeatedly to turn the audio coach ON or OFF.

   Default Menu—The default menu will appear when you press the Home button. Press the Enter button repeatedly to select the manual mode or the iFit menu as the default menu.

   Check Status—The words CHECK WIFI STATUS or CHECK USB STATUS will appear in the display. Press the Enter button. After a few seconds, the status of the iFit module will appear in the display. To exit this display, press the Settings button.

   Send/Receive—The words SEND/RECEIVE DATA will appear in the display. Press the Enter button. The console will then check for iFit workouts and firmware downloads.

4. **Exit the settings mode.**

   Press the Settings button to exit the settings mode.

MAINTENANCE AND TROUBLESHOOTING

Inspect and tighten all parts of the elliptical regularly. Replace any worn parts immediately.

To clean the elliptical, use a damp cloth and a small amount of mild soap. **IMPORTANT: To avoid damage to the console, keep liquids away from the console and keep the console out of direct sunlight.**

HOW TO GREASE THE TRACKS

For optimal performance, apply a small amount of PTFE grease to the tracks on the ramp every three months. See assembly step 13 on page 12 for instructions.

CONSOLE TROUBLESHOOTING

If the console does not turn on, make sure that the power cord is fully plugged in.

If lines appear in the console display, see HOW TO CHANGE CONSOLE SETTINGS on page 24 and adjust the contrast level of the display.

If the console does not display your heart rate when you hold the handgrip heart rate monitor, or if the displayed heart rate appears to be too high or too low, see step 5 on page 19.

HOW TO CALIBRATE THE RAMP

If the ramp is not functioning properly, the ramp may need to be calibrated. To calibrate the ramp, press and hold the Calorie button for several seconds until the test mode appears in the display.

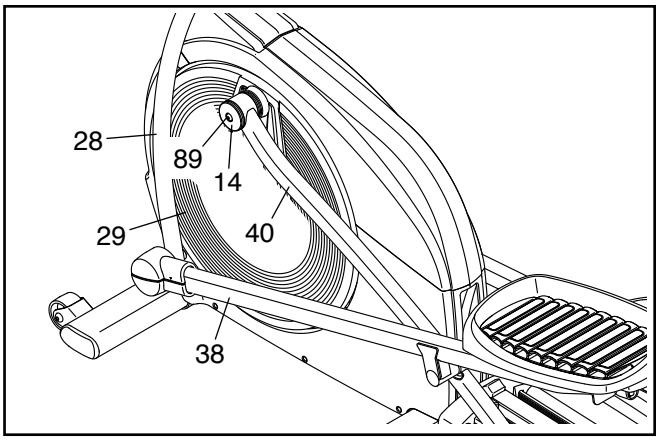
Next, press the Calorie button again. Then, press the Ramp increase or decrease button to calibrate the ramp. The ramp will move upward and downward as it calibrates.

When the ramp stops moving, the ramp is calibrated. Then, press the Calorie button repeatedly to exit the calibration mode.

HOW TO ADJUST THE REED SWITCH

If the console does not display correct feedback, the reed switch should be adjusted. **First, press the power switch to the off position and unplug the power cord.**

See the drawing below. Remove the M8 x 14mm Shoulder Screw (89), the Roller Arm Cover (14), and the M8 Washer (not shown) from the Left Roller Arm (40).

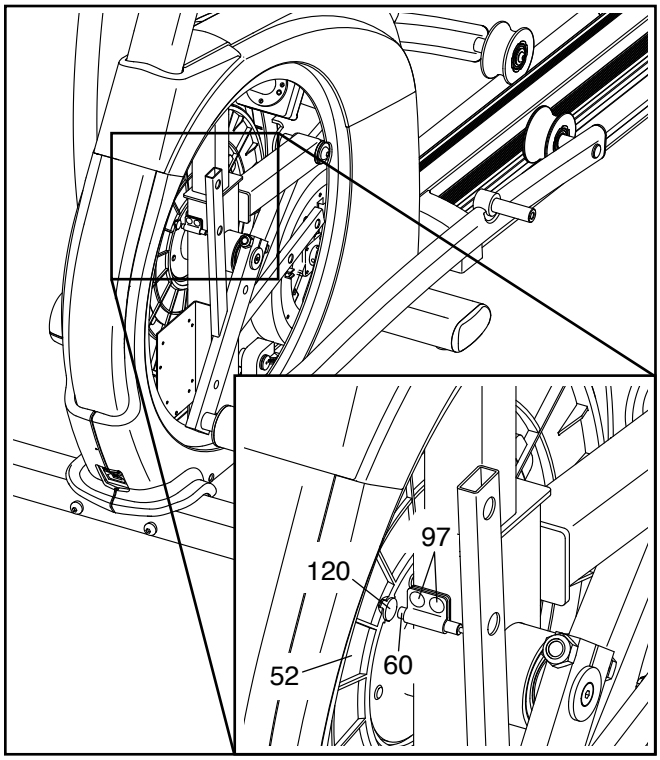


See assembly step 10 on page 10. Remove the Upper Body Covers A and B (31, 32) from the Left Upper Body Arm (27).

See assembly step 9 on page 10. Remove the Left Upper Body Arm (27) from the Left Upper Body Leg (28).

See the drawing above. Remove the Left Roller Arm (40), the Left Pedal Arm (38), and the Left Upper Body Leg (28) from the elliptical. Then, using a flat screwdriver, gently pry off the left Disc (29).

Next, locate the Reed Switch (60). Turn the Pulley (52) until a Magnet (120) is aligned with the Reed Switch.



Loosen, but do not remove, the two indicated M4 x 16mm Screws (97). Next, slide the Reed Switch (60) slightly closer to or away from the Magnet (120), and then retighten the Screws.

Then, plug in the power cord, press the power switch to the reset position, and rock the Pulley (52) forward and backward just enough that the Magnet (120) passes the Reed Switch (60) repeatedly. Repeat these actions until the console displays correct feedback.

When the reed switch is correctly adjusted, press the power switch to the off position and unplug the power cord. Reverse the steps above and reattach the left disc, the left pedal arm, the left upper body leg, and the left roller arm. Then, plug in the power cord and press the power switch to the reset position.

HOW TO ADJUST THE DRIVE BELT

If the pedals slip while you are pedaling, even while the resistance is adjusted to the highest level, the drive belt may need to be adjusted. **First, press the power switch to the off position and unplug the power cord.**

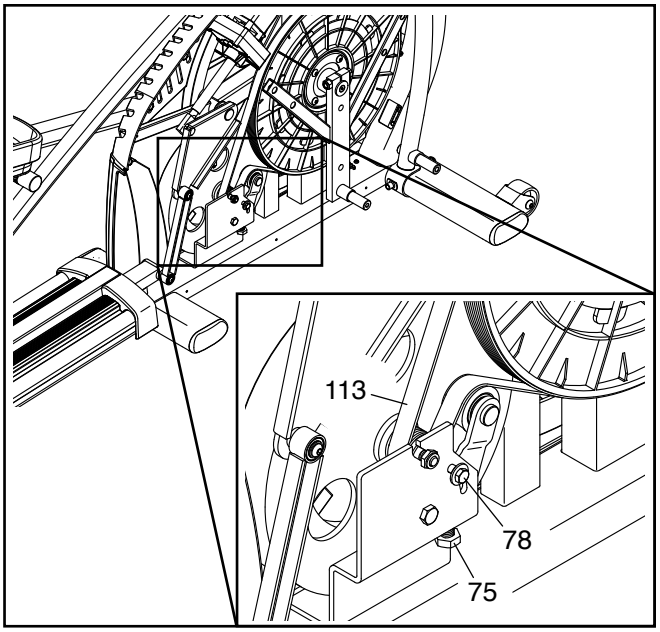
See EXPLODED DRAWING C on page 35. Remove the M8 x 14mm Shoulder Screw (89), the Roller Arm Cover (14), and the M8 Washer (103) from the Right Roller Arm (39).

See assembly step 10 on page 10. Remove the Upper Body Covers A and B (31, 32) from the Right Upper Body Arm (25).

See assembly step 9 on page 10. Remove the Right Upper Body Arm (25) from the Right Upper Body Leg (26).

See EXPLODED DRAWING C on page 35 and EXPLODED DRAWING B on page 34. First, remove the Right Roller Arm (39), the Right Pedal Arm (37), and the Right Upper Body Leg (26) from the elliptical.

Next, using a flat screwdriver, gently pry off the right Disc (29). Then, remove all the Screws (97, 98) from the Right and Left Shields (35, 36); **make sure to note the location of each size of Screw.** Gently remove the Right Shield.



Locate and loosen the Pivot Screw (78). Next, tighten the Adjustment Screw (75) until the Drive Belt (113) is tight. Then, retighten the Pivot Screw.

When the drive belt is tight, reverse the steps above and reattach the right shield, the right disc, the right pedal arm, the right upper body leg, and the right roller arm. Then, plug in the power cord and press the power switch to the reset position.

EXERCISE GUIDELINES

⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.

The heart rate monitor is not a medical device. Various factors may affect the accuracy of heart rate readings. The heart rate monitor is intended only as an exercise aid in determining heart rate trends in general.

These guidelines will help you to plan your exercise program. For detailed exercise information, obtain a reputable book or consult your physician. Remember, proper nutrition and adequate rest are essential for successful results.

EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, exercising at the proper intensity is the key to achieving results. You can use your heart rate as a guide to find the proper intensity level. The chart below shows recommended heart rates for fat burning and aerobic exercise.

165	*155*	*145*	*140*	*130*	*125*	*115*	♡
145	*138*	*130*	*125*	*118*	*110*	*103*	♡
125	*120*	*115*	*110*	*105*	*95*	*90*	♥
20	*30*	*40*	*50*	*60*	*70*	*80*	

To find the proper intensity level, find your age at the bottom of the chart (ages are rounded off to the nearest ten years). The three numbers listed above your age define your "training zone." The lowest number is the heart rate for fat burning, the middle number is the heart rate for maximum fat burning, and the highest number is the heart rate for aerobic exercise.

Burning Fat—To burn fat effectively, you must exercise at a low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses carbohydrate calories for energy. Only after the first few minutes of exercise does your body begin to use stored fat calories for energy. If your goal is to burn fat, adjust the intensity of your exercise until your heart rate is near the lowest number in your training zone. For maximum fat burning, exercise with your heart rate near the middle number in your training zone.

Aerobic Exercise—If your goal is to strengthen your cardiovascular system, you must perform aerobic exercise, which is activity that requires large amounts of oxygen for prolonged periods of time. For aerobic exercise, adjust the intensity of your exercise until your heart rate is near the highest number in your training zone.

WORKOUT GUIDELINES

Warming Up—Start with 5 to 10 minutes of stretching and light exercise. A warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

Training Zone Exercise—Exercise for 20 to 30 minutes with your heart rate in your training zone. (During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.) Breathe regularly and deeply as you exercise; never hold your breath.

Cooling Down—Finish with 5 to 10 minutes of stretching. Stretching increases the flexibility of your muscles and helps to prevent post-exercise problems.

EXERCISE FREQUENCY

To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired. Remember, the key to success is to make exercise a regular and enjoyable part of your everyday life.

SUGGESTED STRETCHES

The correct form for several basic stretches is shown at the right. Move slowly as you stretch; never bounce.

1. Toe Touch Stretch

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Hamstrings, back of knees and back.

2. Hamstring Stretch

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Hamstrings, lower back and groin.

3. Calf/Achilles Stretch

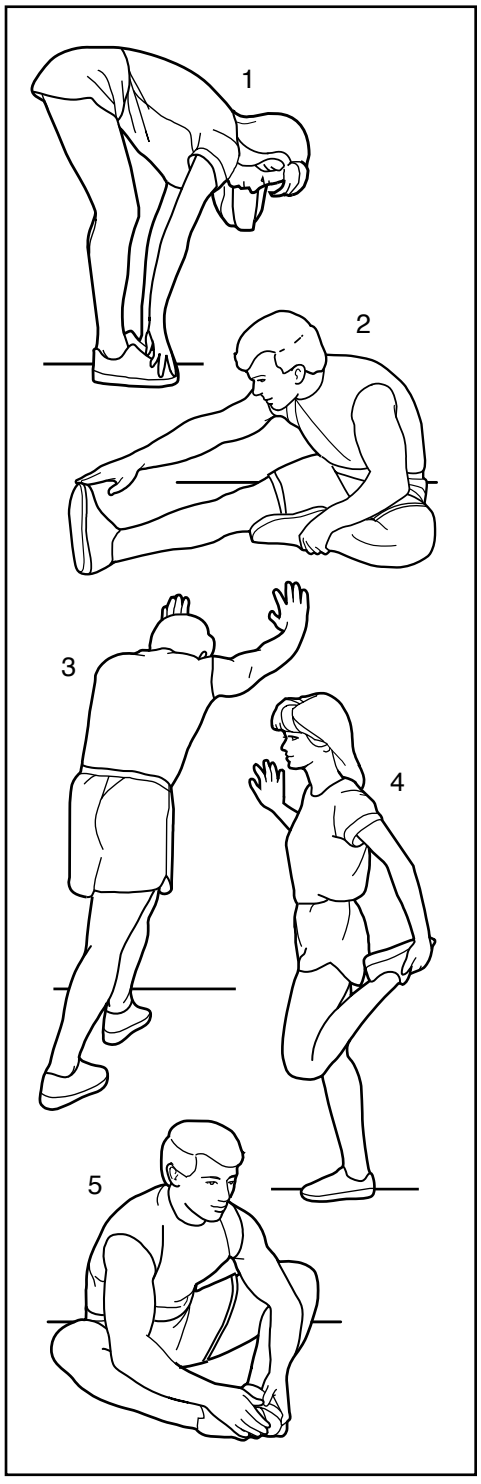
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further stretching of the achilles tendons, bend your back leg as well. Stretches: Calves, achilles tendons and ankles.

4. Quadriceps Stretch

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Quadriceps and hip muscles.

5. Inner Thigh Stretch

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Quadriceps and hip muscles.



NOTES

PART LIST

Model No. NTEVEL99914.0 R0514A

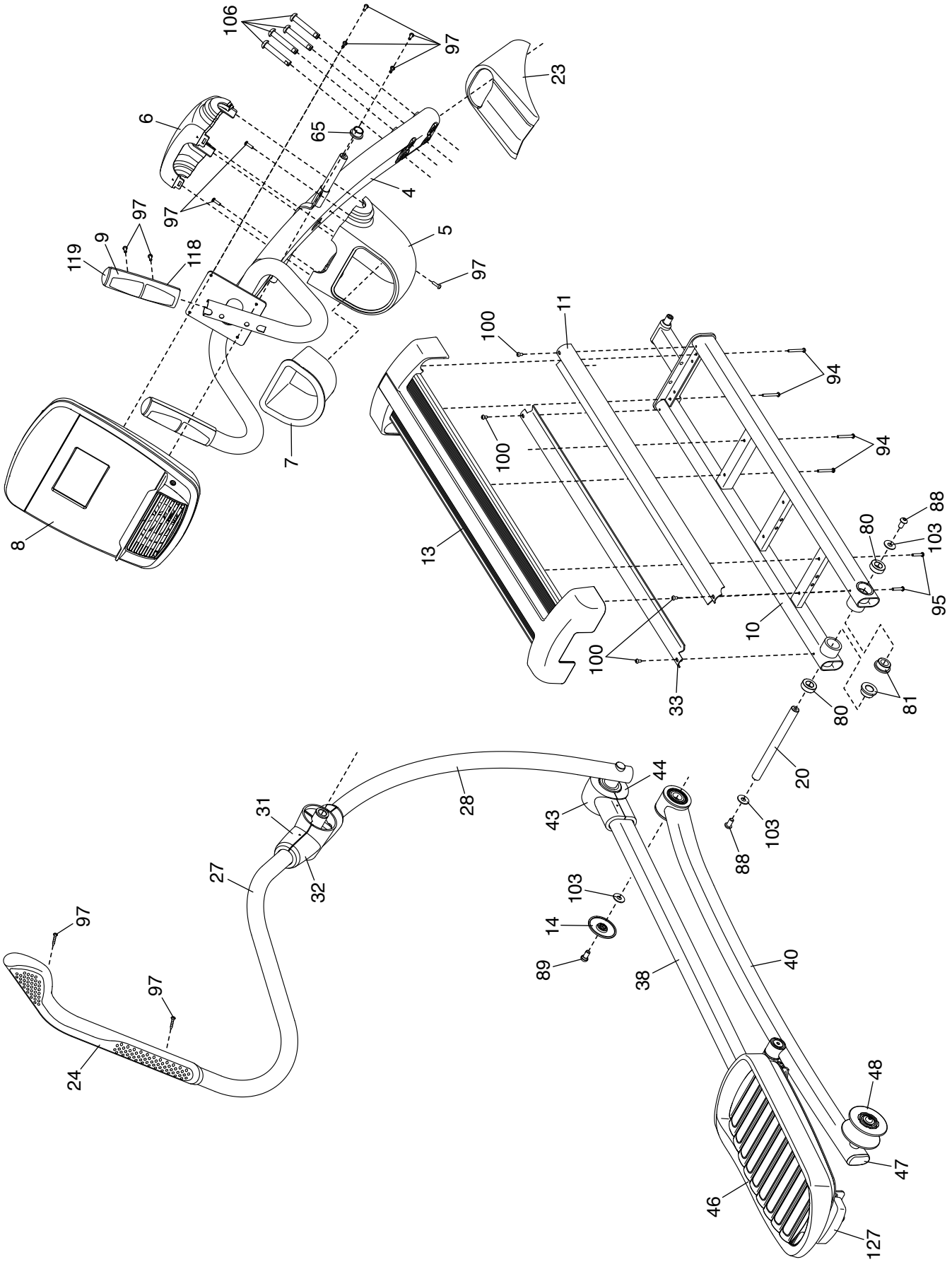
Key No.	Qty.	Description
1	1	Frame
2	1	Rear Stabilizer
3	1	Front Stabilizer
4	1	Upright
5	1	Accessory Tray
6	1	Tray Cover
7	1	Tray Insert
8	1	Console
9	2	Pulse Grip Front
10	1	Ramp
11	1	Right Track
12	1	Rear Stabilizer Cover
13	1	Ramp Cover
14	2	Roller Arm Cover
15	1	Lift Motor
16	1	Lift Bracket
17	1	Connecting Rod
18	2	Spring
19	2	Pin
20	1	Ramp Axle
21	6	Stabilizer Cap
22	2	Wheel
23	1	Upright Cover
24	1	Left Grip
25	1	Right Upper Body Arm
26	1	Right Upper Body Leg
27	1	Left Upper Body Arm
28	1	Left Upper Body Leg
29	2	Disc
30	1	Shield Cover
31	2	Upper Body Cover A
32	2	Upper Body Cover B
33	1	Left Track
34	1	Small Crank Arm Spacer
35	1	Right Shield
36	1	Left Shield
37	1	Right Pedal Arm
38	1	Left Pedal Arm
39	1	Right Roller Arm
40	1	Left Roller Arm
41	1	Right Pedal Arm Cover A
42	1	Right Pedal Arm Cover B
43	1	Left Pedal Arm Cover A
44	1	Left Pedal Arm Cover B
45	1	Right Pedal
46	1	Left Pedal
47	2	Arm Cap
48	2	Roller
49	2	Leg Cap
50	2	Crank Arm
51	1	Large Crank Arm Spacer
52	1	Pulley
53	1	Crank
54	1	Crank Spacer
55	4	Large Bearing
56	2	Leveling Foot
57	4	Roller Arm Bushing
58	1	Lift Motor Spacer
59	5	Foot
60	1	Reed Switch/Wire
61	1	Resistance Motor
62	1	Clamp
63	2	Pedal Plate
64	4	Pedal Arm Bushing
65	4	Upper Body Arm Bushing
66	1	Idler
67	1	Eddy Mechanism
68	1	Mechanism Axle
69	2	Key
70	2	Flange
71	2	Crank Screw
72	1	Right Pedal Handle
73	2	Key Screw
74	2	Crank Arm Bolt
75	1	Adjustment Screw
76	1	Idler Shoulder Screw
77	1	M6 Large Washer
78	1	Pivot Screw
79	4	M8 x 12mm Screw
80	2	Small Bearing
81	4	Ramp Bushing
82	2	Pedal Axle
83	2	Lift Bracket Bushing
84	1	M10 x 50mm Bolt
85	12	Friction Fastener/Screw
86	1	Receiver
87	2	Mechanism Spacer
88	4	M8 x 16mm Screw
89	2	M8 x 14mm Shoulder Screw
90	1	M10 x 20mm Screw
91	7	M6 x 12mm Screw
92	8	M6 x 12mm Pedal Screw
93	2	Plastic Bushing
94	4	M4 x 42mm Screw
95	8	M4 x 25mm Screw
96	1	M10 Locknut
97	45	M4 x 16mm Screw
98	6	M4 x 12mm Screw
99	1	Ground Screw
100	4	M4 x 10mm Screw

Key No.	Qty.	Description
101	2	Crank Arm Locknut
102	2	M10 Thin Locknut
103	8	M8 Washer
104	4	M10 x 115mm Screw
105	2	M10 x 58mm Bolt
106	4	M10 x 60mm Screw
107	4	M10 x 20mm Screw
108	4	M8 x 38mm Bolt
109	2	M8 x 18mm Screw
110	6	M8 Locknut
111	4	M10 Washer
112	1	Receiver Wire
113	1	Drive Belt
114	1	Power Cord
115	1	Lower Wire
116	1	Upper Wire
117	1	Pulse Wire
118	2	Pulse Grip Back
119	2	Pulse Grip Cap
120	2	Magnet
121	2	M6 Acorn Nut
122	1	M10 Large Washer
123	3	M6 Washer
124	1	Power Receptacle
125	1	Power Switch
126	4	Connecting Rod Bushing
127	1	Left Pedal Handle
128	8	M6 Small Washer
129	1	Right Grip
*	–	User's Manual
*	–	Assembly Tool
*	–	General Grease Packet
*	–	PTFE Grease Packet
*	–	Power Board
*	–	Lift Motor Wire
*	–	Resistance Motor Wire
*	–	Blue Wire
*	–	Green Wire
*	–	White Wire

Note: Specifications are subject to change without notice. For information about ordering replacement parts, see the back cover of this manual. *These parts are not illustrated.

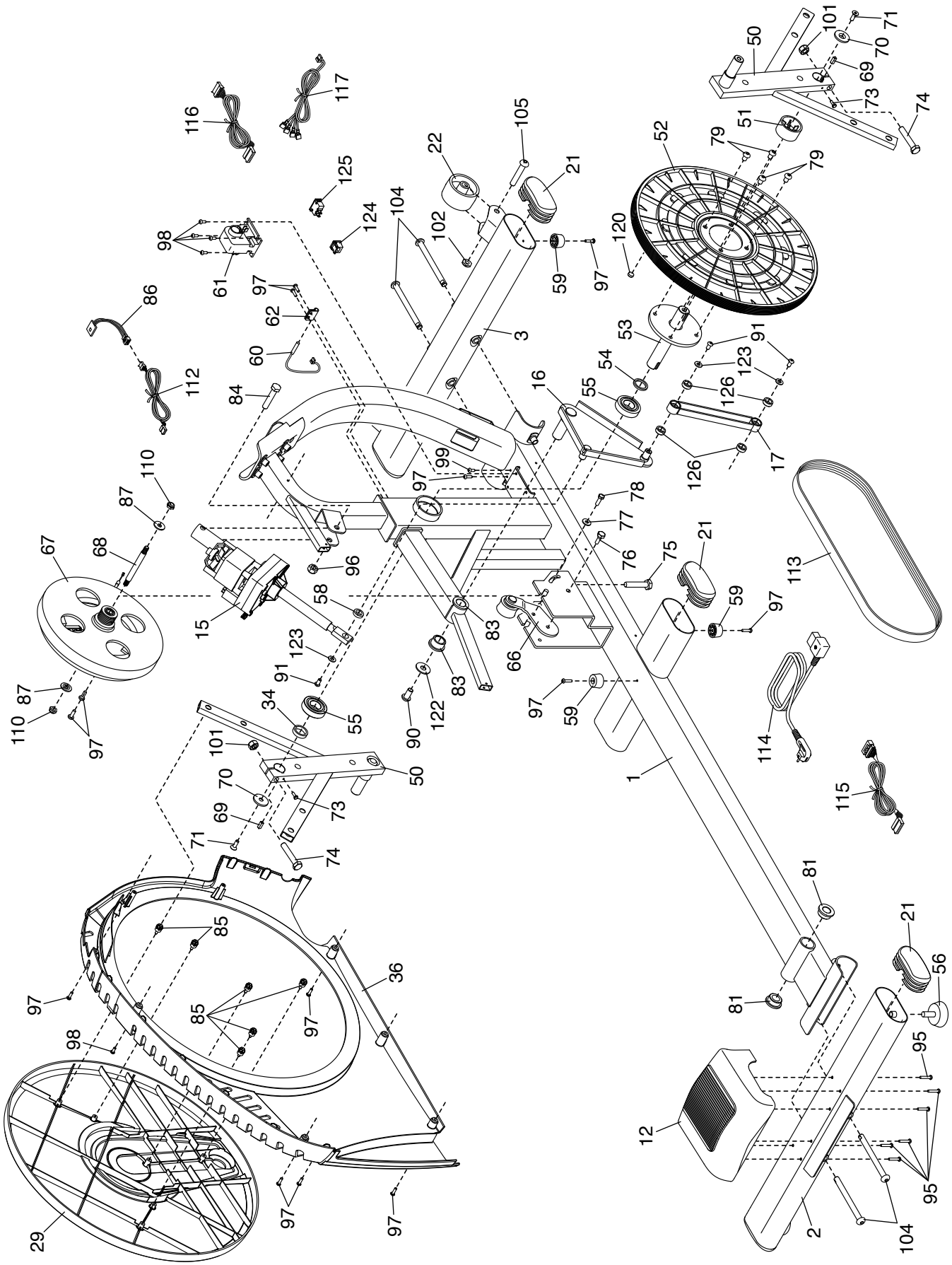
EXPLODED DRAWING A

Model No. NTEVEL99914.0 R0514A



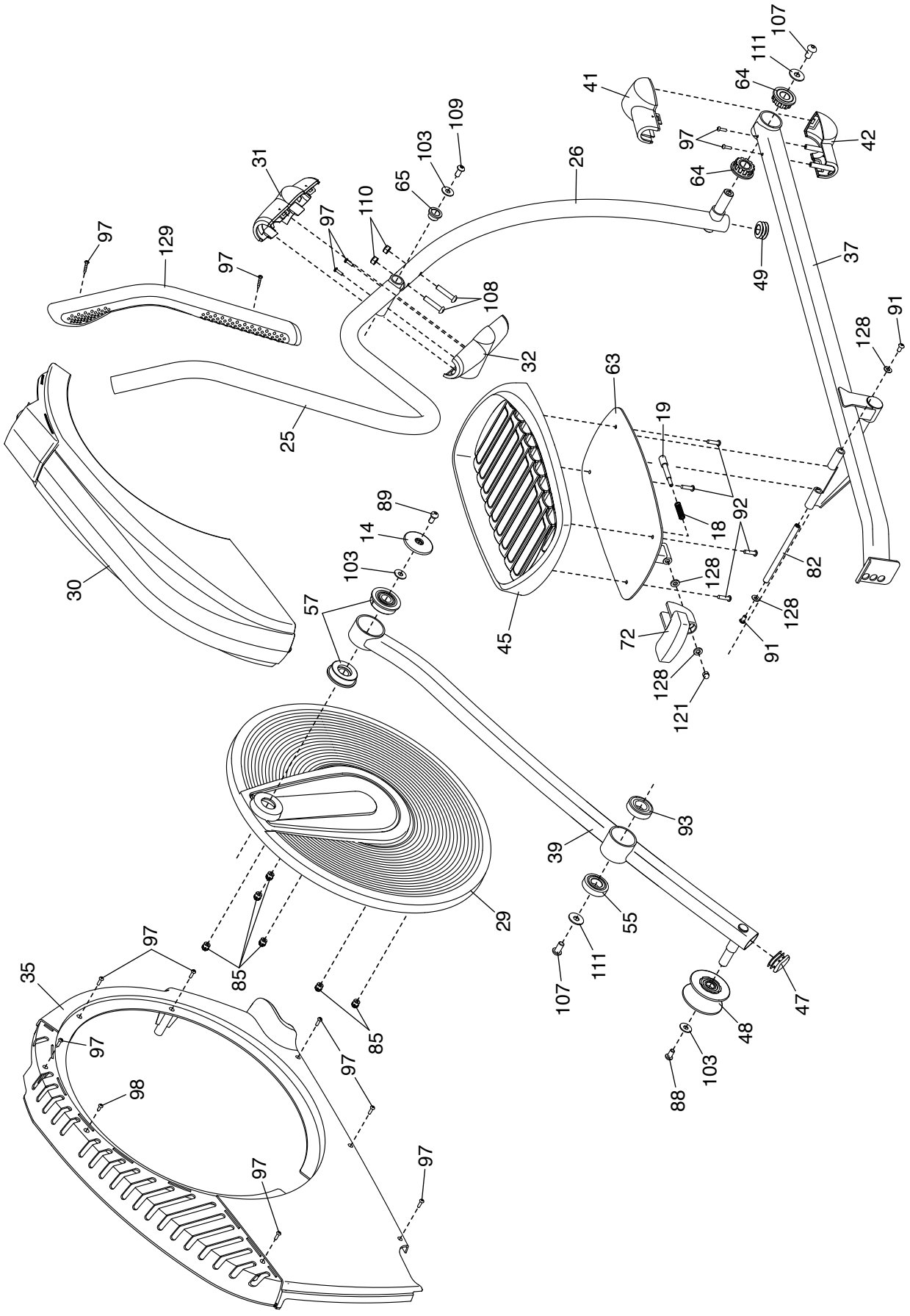
EXPLODED DRAWING B

Model No. NTEVEL99914.0 R0514A



EXPLODED DRAWING C

Model No. NTEVEL99914.0 R0514A



ORDERING REPLACEMENT PARTS

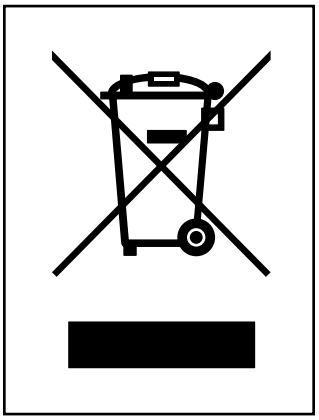
To order replacement parts, please see the front cover of this manual. To help us assist you, be prepared to provide the following information when contacting us:

- the model number and serial number of the product (see the front cover of this manual)
- the name of the product (see the front cover of this manual)
- the key number and description of the replacement part(s) (see the PART LIST and the EXPLODED DRAWING near the end of this manual)

RECYCLING INFORMATION

This electronic product must not be disposed of in municipal waste. To preserve the environment, this product must be recycled after its useful life as required by law.

Please use recycling facilities that are authorized to collect this type of waste in your area. In doing so, you will help to conserve natural resources and improve European standards of environmental protection. If you require more information about safe and correct disposal methods, please contact your local city office or the establishment where you purchased this product.



Part No. 356992 R0514A

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